

LINK-UP

Spring 2010

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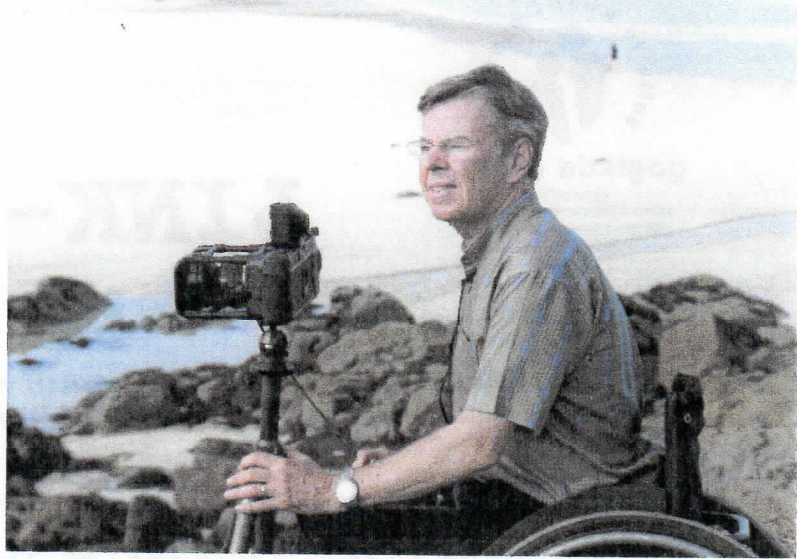
Editorial:

We do apologize for the delay in producing Link –Up - the Editor (Elin) has undergone a long planned hip replacement, which has slowed her down a bit! Since the last Link- Up, Trustees and volunteers have been hard at work raising funds in order to help individual members achieve greater independence, or to help carers to visit a member while in hospital over a long period. Bryn Roberts, ASBAH Adviser has also been busy responding to individual requests for help, and has started to set up social groups for younger adults –by popular request – the first one in Wrexham has been very successful. Also Bryn is setting up Drop in Sessions. Get in touch with Bryn to find out if you want to know more! So many members have benefited from the Forty Dreams (see below!), and it has been a great joy to see members fulfilling long cherished dreams! Thanks to Trustees Jennifer Hayes , Val Conwy, and Maggie Griffiths for taking the main responsibility for organizing this over a period of eighteen months, and to all the individuals and organizations that provided the extra money to enable these Dreams to come true! We will be celebrating 42 years at our AGM this year – please come and join us – see details below of the star speaker and details of time and place on the enclosed Agenda. We are always looking for new ways of raising money that is both enjoyable and beneficial, and any ideas are gratefully received – one example is that we will be holding our first Bag- Packing at Marks and Spencer's, Llandudno on the 29th of October - with thanks to Sandy Halliwell who has offered to organize this. If you think you could organize one at your local superstore, we would be grateful and would be able to provide the necessary collection buckets, sashes and other items you would need. We hope you find this issue of Link- Up useful and enjoyable. Please send any items for inclusion in the next issue to Elin, at the address below, or by email to northwalesasbah@hotmail.co.uk

Susie Sunshine Walk – in memory of Susie Conway. Come and share the fun and to help raise funds for NWASBAH! This is to be held again this year on Sunday June 27th at 2.00 p.m. We all meet by the Bandstand on the North Shore Promenade, Llandudno, and take a stroll along the Prom - Fancy Dress optional! Contact Val Conway on 01492 878225 for more details. Beforehand, at 1.00p.m, there will be a Fairy Fun Run, held in memory of Chloe - competition is keen for the prize for best dressed fairy!

Member Feature

Graham Catherall has recently retired after a long and interesting career as a newspaper, commercial and social photographer in North Wales. Graham will be giving a talk to the AGM on his long and varied career. Graham has also volunteered to be available to take publicity photographs for North Wales ASBAH, and, despite the wintry chill,



took photos of Val Conway’s Boxing Day Sea Dip – raising funds for Nwasbah. Graham says: ‘I have spina bifida and a wheelchair user and was one of the first pupils to attend Ysgol Gogarth School, Llandudno in 1960!!’ We wish Graham and his wife Gwen, a long and active retirement!

Forty Dreams – some of the Dreamers and those who helped to raise the funds!



Lisa and James arriving at the Empire for their Wedding Anniversary Celebration



Emma, Sally and Daryl arriving in style to meet the Blues Brothers, and to go to the Show.

Valiant Boxing Day Swimmers at Llandudno.....and the Celebration afterwards! Thanks supporters!



Store Collections and Backpacking

Thanks to all volunteers who collected for us at Sainsbury's, Wrexham on a very cold and windy day in December 2009. £282.04 was raised. If you are able to assist us with any future store collections / bag packing, please contact us on 01248352886. Your assistance would be much appreciated. We are still waiting for dates from store collection from Tesco

Marks and Spencer Bag Packing Day: 29 October 2010 10a.m to 4.00p.m. We would be grateful for volunteers to offer a couple of hours during this day. It is fun, and a good way of raising money!

Tesco Holyhead: We have been offered dates to bag pack here, but have not got enough volunteers – if you can help, can you contact Elin at 01248 352886 so that we can book a date with Tesco later on in the year.

Bryn says: I am here to help – contact me for information, advice, or support. by request.

Contact Bryn for a slot at the next outreach session on May 25th 2010 at CIL De Gwynedd, Units B1-B3, Penamser Business Park, Ffordd Penamser, Porthmadog, Gwynedd LL49 9GB venue is fully accessible.

Home visits can also be arranged.

Bryn Roberts, North Wales Area Adviser, ASBAH Cymru, Unit 5, Parc Diwydiannol Bryn Cefni, Llangefni, Ynys Mon, LL77 7XA TEL: 01248 724

944: brynr@asbah.org

ASBAH now on Facebook! Go to
www.facebook.com/ASBAH.Charity

Grants! Contact Bryn Roberts, ASBAH's North Wales Area Adviser, to discuss your request. It will then be submitted **in confidence** for discussion at an Executive Committee meeting. All grants will be considered by the Committee. Grants are available for:

Independence: courses and/or activities to promote independence, education and employment skills and opportunities.

Mobility: assistance to acquire driving skills and to support mobility. Financial support towards an appropriate wheelchair will be considered

Health and Wellbeing of the Member:

Household Items: to meet the specific need and/or disability

Holidays: subject to individual needs, assistance toward transport costs where necessary

Hospitalization: To ensure that carer contact and support is continued when in hospital.

Social Activities: To ensure that social networks are established and maintained for members and their families/carers.

Funeral Expenses: financial assistance to families following bereavement.

100 Club membership

Message from Mike Mason, NWSABAH Chair: "I make no apology for repeating my plea of last year that you seriously consider supporting our 100 Club which provides us with a steady income, whilst giving members the opportunity to win one of three prizes in the monthly draw. Recently, we lost some supporters of the 100 Club, so please join us, and encourage your friends to join too. It's easy to take part. Contact Elin for a form on 01248352886 or northwalesasbah@hotmail.co.uk . The form is easy to complete, and there is a tear off slip for you to complete and return to your bank. Each number costs £4 per month, and you will be allocated your unique 100 Club number – why not gift a number to a friend or family member as a present!" **Please consider supporting us in this way. Thank you.**

100 Club Winners Numbers from October to April : Oct/09: 29, 14, 10 Nov/09: 25, 32, 41 Dec/09: 34,38,9. Jan/010: 44,6,22. Feb/010: 36, 42, 30.M'ch/010: 23, 14, 41.April/010:34, 38, 2 May/010:2, 28, 7.


If you change your address, please let us know.

The Association is managed by an Executive Committee of Trustees representing all parts of the membership


NWSABAH EXECUTIVE COMMITTEE

CHAIR: Mike Mason  01745 825738

SECRETARY: Val Conway  01492 878225

TREASURER: Jennifer Hayes  01978 661054

COMMITTEE MEMBERS: Maggie Griffiths, Eleri Edwards Freeman, David Hallows, Pam Hall, Diane Salisbury, Sandy Halliwell, Jenny Halliwell, Maggie Griffiths, Barbara Middleton, Tony Middleton

NORTH WALES AREA ADVISER: Bryn Roberts  01248 724 944  brynr@asbah.org

NWSABAH ADMINISTRATOR :part time: Elin Ifan , 3 Trem y Castell, Garth, Bangor, Gwynedd, LL57 2TB TEL: 01248 352886 email: northwalesasbah@hotmail.co.uk

Last , but not least, please join us at our AGM on Thursday 27 May 2010 , 7.00 pm – venue and programme enclosed .